



# County of San Diego

## HEALTH SERVICES ADVISORY BOARD

1700 PACIFIC HIGHWAY, SAN DIEGO, CALIFORNIA 92101-2417

Thursday, August 15, 4:00 - 6:00 pm  
1600 Pacific Highway, Room 302/303  
San Diego, CA 92101

### MEETING MINUTES

Members Present	Members Absent	Presenters	HHS Support Staff
<b>Judith Shaplin, Chair</b> Bob Prath Colin Mackinnon Estelle Wolf James Lepanto Judith Yates Leonard Kornreich Stephen O'Kane Michelle Davis John Sturm Adriana Andres-Paulson Dennis Holz Ben Medina Jack Rogers	James Beaubeaux (Excused) Greg Knoll (Excused) Dennis Holz (Excused) Raja Ramaswamy (Excused)	Dean Sidelinger Linda Lake Rhonda Freeman	Dean Sidelinger Linda Lake Isobel Kinsang

Issue	Discussion	Action
<b>1. WELCOME – Judith Shaplin, Chair</b>		
	The meeting was brought to order at 4:07 pm.	
<b>2. PUBLIC COMMENTS</b>		
<ul style="list-style-type: none"> <li>Public Comment</li> </ul>	None	
<b>3. PRESENTATION/DISCUSSIONS</b>		
<b>Approval of Minutes</b>		<b>Minutes approved for April and May.</b>
<ul style="list-style-type: none"> <li><b>Childhood Obesity Initiative: Dean Sidelinger, MD</b></li> </ul>	<p>San Diego County Childhood Obesity Initiative:</p> <p><b>Mission: To reduce and prevent childhood obesity in San Diego County by creating healthy environment for all children and families through advocacy, education, policy development, and environmental.</b></p> <ul style="list-style-type: none"> <li><i>Government, Community, HealthCare, Media, Schools &amp; After School, Early Childhood, Business.</i></li> </ul> <p><b>County-wide Collective Impact:</b></p> <ul style="list-style-type: none"> <li>Between 2005 and 2010, San Diego County saw a reduction in the prevalence of childhood overweight and obesity of 3.7 percent.</li> </ul> <p><b>Childhood Obesity Efforts:</b></p> <ul style="list-style-type: none"> <li>2002 Childhood obesity recognized as a priority. Creation of the Coalition on Children and Weight San Diego.</li> <li>2004 Board of Supervisors supports creation of childhood obesity “Master Plan”.</li> <li>2006 San Diego County Childhood Obesity Initiative launched. A broader strategy was established: Building Better Health, Living Safety, and Thriving.</li> </ul> <p><b>Building Better Health:</b></p> <ul style="list-style-type: none"> <li><i>Building better system</i></li> <li><i>Supporting healthy choices</i></li> </ul>	

- *Policy and environmental changes*
- *Changing the culture from within*

**Living Safety:**

- *Residents are protected*
- *Neighborhoods are safe*
- *Communities are resilient*

**San Diego CPPW Focus Areas:**

- *Healthy Physical Activity*
- *Healthy Nutritious*
- *Healthy School Communities*

**Moving Toward a Healthy Region:**

- 2006 Childhood Obesity Action Plan
- 2007 Health Equity by Design- Caltrans CA Local PH & Built Environment Grant.
- 2008 Growing Green, Growing Healthy, Healthy General Plans Workshop SD375; California Complete Street Action.
- 2009 County of SD Chronic Disease Agenda: 3-4-50 CPPW
- 2010 ACA Live Well San Diego formal partnership with SANDAG begins.
- 2011 National Prevention Strategy released. Active designs, complete streets, Health Impact Assessment Workshops.
- 2012 CTG

**Healthy Places:**

- Health Forecasting, Regional Planning, Healthy Communities Campaign, Safe Routes to school, Regional Bikeway Signage and Promotion.
- Community Transformation Grant
  1. Tobacco-Free Living
  2. Active Living and Healthy Eating
  3. Clinical Preventive Services
  4. Social and Emotional Wellness
  5. Healthy and Safe Physical Environment

**Active Living**

- Improve quality and amount of Physical

	<p>Education and Physical Activity</p> <ul style="list-style-type: none"> <li>- Moderate to Vigorous Physical Activity in Physical Education</li> <li>-Physical activity during the school day</li> <li>-Increase Physical Activity opportunities in the community <ul style="list-style-type: none"> <li>- Safe Routes to School Strategic Plan Implementation</li> <li>- Public Health &amp; Wellness Policies for Regional Land Use &amp; Transportation Planning</li> <li>- Regional Monitoring &amp; Evaluation for Physical Activity &amp; Public Health</li> </ul> </li> </ul> <p><b>Healthy Eating</b></p> <p>Increase availability/affordability of foods</p> <ul style="list-style-type: none"> <li>- Healthy Food System</li> <li>- Farm to Institution</li> </ul> <p>Improve school nutrition</p> <ul style="list-style-type: none"> <li>- Quality of school food (increase produce and decrease sodium)</li> </ul> <p><b>Healthy Eating</b></p> <p>Increase initiation and duration of breastfeeding</p> <ul style="list-style-type: none"> <li>-Workplace Lactation – worksite and school lactation policies</li> <li>-Hospital Lactation – baby-friendly or CDPH guidelines per SB 502</li> </ul> <p><b>Healthy &amp; Safe Physical Environments</b></p> <p>Increase bicycling and walking for transportation and pleasure</p> <ul style="list-style-type: none"> <li>-Establish community design standards for safe streets</li> <li>-Complete Streets Policy &amp; Implementation</li> <li>-Establish protocols to assess community health and wellness</li> <li>-Health Benefits &amp; Impacts Analysis Program.</li> </ul>	
--	---	--

<ul style="list-style-type: none"> <li>• <b>Q &amp; A</b></li> </ul>	<p>Q: Presentation emphasized more about “WE” throughout the Childhood Obesity prevention program, are there measurable numbers of FTs around the County whom are considered as the “WEs”, or are there a little different pieces of “we” around the county that are working on this program?</p> <p>A: There’s lot of different “WEs” in the County. Chronic Disease &amp; Health Equity unit has 16 programs that are working on Chronic Disease prevention. These are the people who directly working with some programs with their partners. There are several contracts that are up and running to work with the Chronic Disease program to prevent obesity. Within the County itself, there are representatives from each 6 regions who are teaching Obesity prevention, healthy physical and healthy environment.</p> <p>Q: What other measures are being used to get the statistics on BMI for the whole County? How about the Food Truck going to LA, how is the Food Coop going to operate?</p> <p>A: The program is putting in a goal to create a Food Hop: Large growers are working on matching up with the local institution so their food could go directly to them. They could plant now knowing that in two months, other institutes will be purchasing from them. There is a website online for growers to match up with their buyers, so it’s getting more food directly into the community.</p> <p>A: BMI based on height and weight. Chula Vista School District collects their students BMI annually. They also compare to their students performances in school as well.</p> <p>Q: What is the definition of Obesity formally? A: Adults overweight is a BMI above 25 – 29.9.</p>	
<ul style="list-style-type: none"> <li>• <b>Updates from HSAB members:</b></li> </ul>	<p>Estelle:</p> <ul style="list-style-type: none"> <li>-Officially became the Chair Person for the ADRC Advisory Board.</li> <li>-Worked on first proposal to the California Senior Legislature billed for medication safety, which will impact automatic refills.</li> </ul>	

	<p>ADAB: -There are now official updates from the San Diego Behavior Health Profile 2013 posted online.</p> <p>Mental Health Board: -There was no meeting in July. -Mental Health board held a special meeting solely for the purpose of having public interactions, specifically for people who have judgmental difficulties. (IHOD) program.</p> <p>AIS/CCI -All services have to be received through Medi-Cal Managed Care. -Long term support services including IHSS have to be intergraded into the Managed Care. -Managed Care companies will be covered by dual businesses with Medi-Cal and Medicare services.</p>	
<b>HSAB Strategic Plan</b>	<p>Members discussed the need to develop an HSAB Strategic Plan. Discussed inviting the Board of Supervisors Policy Advisors to the October meeting to provide 2-3 critical health issues for HSAB to focus on in the strategic plan. Agreement made to also concentrate on strategic planning for HSAB at the November meeting.</p>	<b>Action Item #1:</b> Linda to invite Policy Advisors to October HSAB meeting.
<b>4. ACTION ITEMS</b>		
<b>Board Letter</b>	<p>Child Health and Disability Program (CHDP) and California Home Visitation Program (CHVP) Board Letter presented by Rhonda Freeman and Linda Lake.</p>	<b>Motion passed to support the CHDP and CHVP Board Letter by HSAB members.</b>
<b>5. PUBLIC HEALTH OFFICER'S REPORT</b>		
<b>Dr. McDonald</b>	<p>Dr. McDonald presented the Public Health Officer's Report on behalf of Dr. Wooten.</p> <p><b>Communicable Disease Issues</b></p> <ul style="list-style-type: none"> <li>• Immunization Summit will be held in September.</li> <li>• There has been 64 influenza related deaths this year.</li> <li>• West Nile virus, 37 cases in California, five fatalities.</li> <li>• Meningococcal – there were increased cases in Tijuana, but has definitely decreased since Spring Season.</li> </ul>	

**6. AGENDA ITEMS – September 19, 2013**

	Next meeting will be at Health Services Complex. 3851 Rosecrans St. San Diego, CA 92110 to plan strategic planning sessions in October and November.	
--	---	--

**7. ADJOURNMENT**

--	--	--